

# Marinated Goose Breasts with Rosemary and Mushroom Sauce

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*Goose breasts are marinated in red wine vinegar before being baked and served with a creamy white sauce in this recipe. Serve over wild rice or with chunky potato wedges.*

## Ingredients:

4 goose breasts  
225ml red wine vinegar  
3 tbsp. butter  
6 garlic cloves, minced  
1 onion  
1 small carrot  
300ml milk  
3 tbsp. plain flour  
250g mushrooms, thinly sliced  
1 tbsp. freshly chopped rosemary  
Salt and pepper

## Directions:

1. Heat 1 tbsp. butter in a large frying pan and add the garlic. Cook until fragrant for a couple of minutes, then add to the red wine vinegar. Stir well. Arrange the goose breasts in a baking dish and cover with the red wine vinegar mixture. Cover and refrigerate for at least 4 hours.
2. Finely dice the onion and carrot. Combine in a saucepan with the milk, gradually bring to the boil and then take off the heat as soon as it comes to the boil. Season with salt and pepper.
3. Preheat oven to 180C. Cover the goose, then bake the breasts in the marinade for around 40 minutes to an hour, until cooked all the way through to your liking.
4. Heat the rest of the butter in a large saucepan. Add the mushrooms and fry until golden. Add the flour and stir well, cooking for 2-3 minutes until golden. Gradually whisk in the warm milk and vegetable mixture until you have a smooth and creamy sauce.
5. Add the rosemary then season to taste. Serve the sauce over the goose breasts.

*Author: Laura Young*